Government of Canada Gouvernement du Canada

Dietary reference intakes tables: Overview

Overview

Equations to estimate energy requirement

Reference values for vitamins

Reference values for elements

Reference values for macronutrients

Check out the dietary reference intakes calculator

These tables provide dietary reference intakes for vitamins, elements (minerals) and macronutrients. The information is from the dietary reference intakes reports.

- **Definitions**
- **Abbreviations**
- **Reference heights and weights**
- **Unit conversion factors**

Date modified: 2025-11-19